

What is claimed is:

1. A bone clip for cooking bone connected to meat comprising:
a first clip member pivotally attached to a second clip member by a pivot pin, the first clip and second clip member defining widening jaw portions, the centrally disposed pivot portions and handle portions, wing sections connected to the centrally disposed pivot portions, the wing sections also having apertures for receiving the pivot pin disposed within a coiled hollow body portion of a torsion spring, the spring also having elongated leg portions, the leg portions being placed in compression by movements against the centrally disposed pivot portions of the clip members and the widened jaws being movable between a closed gripping position in contact with each other and an open nongripping position not in contact with each other, and upon the application or release of a squeezing compressive force upon the handles and in transitional positions between the gripping and the non gripping positions when the handles are released, the spring means forces the jaws and gripping teeth toward each other, whereby the jaws grip the bones connected to the meat, and clip members protect the bones from heat and flames during cooking.
2. The bone clip as described in Claim 1, wherein the widened jaw portions have teeth located near forward jaw edges for enhanced gripping of the bones.
3. The bone clip as described in Claim 1, wherein the wing sections are connected to base portions that have a connecting means for securing the centrally disposed pivot portions to the base portions connected to the wing sections.
4. The bone clip as described in Claim 3, wherein the connecting means is chosen from the group consisting of brazing, soldering or spot welding.
5. The bone clip as described in Claim 1, wherein the wing sections are integrally formed from the first and second clip members by a manufacturing process that includes the steps of bending flanges toward the opposing clip members and forming apertures in the bent

flanges for receiving the pivot pin in the wing sections.

6. The bone clip as described in Claim 5, wherein the widened jaw portions have teeth located near forward jaw edges for enhanced gripping of the bones.
7. A method for cooking a rack of lamb utilizing a bone clip having jaws for gripping and heat protection comprising the steps of:
spreading the jaws of the bone clip apart;
covering the bone portion of the rack with a bone clip and securing the bone portion in the jaws of the bone clip;
lifting the rack secured in the bone clip,
moving the bone clip and the secured rack into a cooking apparatus;
removing the bone clip and the secured rack from the cooking apparatus;
and removing the bone clip from the cooked rack from bone clip after completion of cooking.